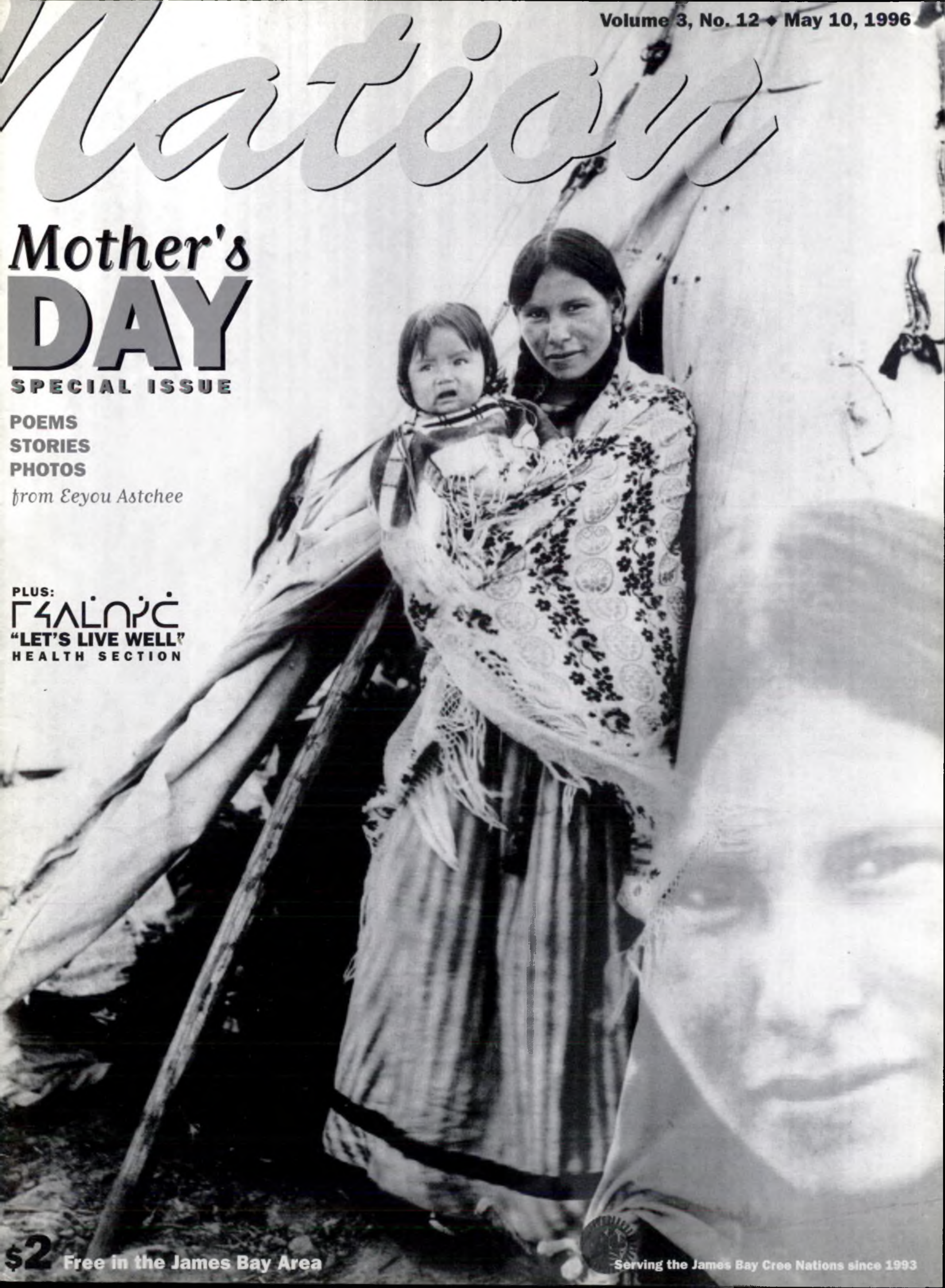
Volume 3, No. 12 ◆ May 10, 1996

Nation



Mother's DAY

SPECIAL ISSUE

POEMS
STORIES
PHOTOS
from Eeyou Astchee

PLUS:
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"LET'S LIVE WELL"
HEALTH SECTION

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CENSUS • 1996 • RECENSEMENT

Every five years, the census provides a complete picture of Canada.

Tuesday, May 14, 1996 is Census Day. As part of the Aboriginal community, your participation on Census Day is important.

Why is the census important?
The census gathers information on the number of our people who speak the traditional languages. Knowledge of our languages and culture is important to our children and future generations.

Remember, by law your census information is kept confidential.

All census questionnaires are strictly confidential. Personal census information cannot be given to anyone outside Statistics Canada.

It is important for all First Peoples to participate.

Count Yourself In!

Statistics Canada Statistique Canada

Canada

Mother

BY WILLIE GUNNER

In the late Spring when the geese were flying North
the ice on the lakes was thawing, floating down streams and rivers,
you could hear the loons in the distance calling.

Mother you were a strong woman
to bring me into the world without assistance from the doctors,
but with help from a dear lady
that I will never forget.

Mother you went through a lot
to bring me up in this world;
there were hard times
and happy times watching me grow.

Mother you understood me while I was growing
through the hard times and the pain, still
you were always there for me, and yet
you are still here when I need you.

Mother now that I have grown to be a man,
as I watched you these past years, the signs
on your face say that you are getting older;
the lovely long gray hair hanging
from your head.

Mother there are no words to express my gratitude,
to have a mother like you,
loving, caring, understanding and putting up with me
for who I am, and the pain that I brought to you.

Mother I will always love you.
Mother you will always be a part of my life.
Mother you will always be my mother,
no matter what.

To my loving mother, Sally Gunner, Happy Mother's Day

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POEMS, STORIES & SURPRISE CONTEST

COVER PHOTO:
Native woman and children
Design: Katerina Cizek

MAY 10, 1996

NEIL DIAMOND

One of the many sights during Neil's recent travels throughout the world.

Good, the doors are locked, the curtains drawn and the the ice has arrived from room service so the beverages will stay cold. We can begin. We are here at the cozy Capissisit Lodge in **Ojay**. I have to admit I was a tad nervous coming back after... what is it?... two, three years? Has it been that long? I spent the day here several weeks ago and asked my "boss" if we could lunch at The Lodge. "Do you think we're ready?" was his reply. So we ended up eating at the cultural village instead. I don't mind telling you, it was mighty tasty. Rabbit brains and all.

Things are pretty quiet here right now. Everybody's out for Goose Break. **Bobby**, who's got his blind just across the river, has killed, at last count, 13 honkers. Unofficially, **Tommy Shecapio** killed the first goose.

The story of the legendary gang of ruffians, the **Black Panthers**, remains shrouded in mystery. The story is that they were a group of tough guys from Ojay in the late sixties and early seventies who terrorized God-fearing folk. According to some people here, they could be identified by the X's carved into their hands, tight pants and leather jackets bearing their insignia. Oh, even their "chicks" had X's carved on their hands. I asked if they fought the good fight with the now defunct, at least in Chibougamau, motorcycle gang **Sex Fox**, but no one was sure. One also wonders if they drove Harley Davidsons or Indians.

A Goose Festival will be held here in Ojay on May 24, 25 and the 26th. Events scheduled are: walking out ceremony, feasts and others........

Overheard in O.J.: **Desmaraisville** received the honour of selling the most beer in all of Quebec. The town is a short 15-minute drive from Waswanipi and had two bars the last time I passed through.

From our ear in **North Bay** comes this small tale: Two Indians find a monkey while out hunting and bring it back to an Elder. They ask the Elder what it is. "It has hands like a boy. It has a face like a boy. But it has hair like a cow." He thought for a moment. "It's a cowboy!" I guess you had to be there to appreciate the story's comedic value.

David Blueboy of **Waskaganish** killed the first goose in **Nemaska**. **Linda** told me that the gentle women of Nemaska weren' too happy with that. Still, they are thinking of recruiting him next spring. "They want someone who's a good shot," she said.

"Positive portrayals of Indigenous sex and sexuality only." So says a call for submissions from **Cape Croker Rez** in Ontario. Writers and artists are invited to submit poetry, fiction, essays, songs, oratory, line drawings, cartoon and drama of... well... Native sex. The deadline is August 15, 1996. Send your "filth" to **Kateri Akiwenzie-Damm, Editor, Kegedonce Press, Cap Croker Reserve, R.R. 5, Wiarton, Ontario, N0H 2T0.**

Ndiamon

the Nation

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THANKS TO:
Chief George Wapachee, Albert Courte, Air Creebec, Cree School Board (head office, Mistissini)... and to all the Moms out there!

The Nation is published
every two weeks by
Beesum Communications
Printed by Hebdolitho

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Publication Mail #0584584

The Nation is a member of:
The James Bay Cree Communications Society,
Circle of Aboriginal Controlled Publishers,
Canadian Magazine Publishers Association,
Quebec Community Newspaper Association,
Canadian Community Newspapers' Association

WHERE TO REACH US:
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Abroad: Individuals: $70 U.S.
Abroad: Institutions: $85 U.S.
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Katejun Coonishish with his parents. Katejun and Nathaniel Bosum won big in motocross.

O.J. MOTOCROSS DUO FASTEST IN CANADA

ᑫᐃᒡᒑᓐ ᑯᓂᔑᔥ, ᓅᐦᑖᓂᔦᓪ ᐹᓵᒻ ᓂᔥᑎᒻ ᑖᐅᒡ ᐊᑳᒥᐢᑯᑎᐦᐅᑎᓈᓄᐐᒡ ᑳᒥᔑᐲᔑᐦᒡ ᐊᐱᒥᐦᐊᒡ

ᐅᒌ ᓂᔓ ᐊᐋᔑᒡ ᐅᒣᐹᑭᒨ ᐊᐅᐦᒌᒡ, ᒌᑯᔥᑯᐦᐃ ᐊᐅᒡ ᐊᓂᔮ ᐋᔥᐱᔑᑭᐢᒋᐦᐅᒡ ᐊᑳᒥᐢᑯᑎᐦᐄᒑᒡ.

ᑫᐃᒡᒑᓐ ᑯᓂᔑᔥ, 8 ᐃᐦᑎᐹᓈᔨ, ᑭᔮ ᓅᐦᑖᓂᔦᓪ ᐹᓵᒻ, 6 ᐃᐦᑎᐹᓈᔨ, ᓂᔥᑎᒻ ᒥᐦᑖᐅᒡ ᐊᓂᔮ ᐄ ᐋᐧ ᐊᔅᐱᑎᔨᒡ ᐊᑳᑎᔅᑯᑎᐦᐅᑎᓈᓄᐐᒡ ᐅᔮ ᑲᒪᑎᓄᐊᒥᔑᑲᐃᒡ, ᓂᔅᑭᐲᔨᒡ 26, ᐊᓐᑕ ᐱᑳᑕᓵᔮᐱᓐ. ᑳᐃᔨᒥᐦᐊᐅᒦᔑᑲᐃᒡ ᒫᒃ ᒥᓐ ᒥᐱᑯᐦᑖᐅᒡ ᐊᓂᔮ ᓂᔥᑎᒻ ᐋᐦᑖᒡ ᐅᔮ ᑳᑳᑎᔅᑯᑎᐦᐅᑐᐄᐦᒡ ᐊᐊᔦ ᑯᐯᒃ ᐊᔅᒋᔦ ᐊᔅᐱᑎᔅᑭᒥᑳᐃᒡ ᐊᐅᐦᒌᐦᒡ.

ᐊᑯᑦ ᑳᒥᔨᓂᐦᐅᔨᑦ ᑫᐃᒡᒑᓐ ᐊᓐᑦ 7 ᐲᐦᐊᒻ 8 ᐋᐦᑎᐹᓈᔨᒡ. ᐊᓐ ᑭᔮ ᓅᐦᑖᓂᔦᓪ ᒥᐦᑖᐧ ᐊᓐᑦ 4 ᐲᐦᐊᒻ 6 ᐊᐦᑎᐹᓈᔨᒡ ᐊᑳᑎᔅᑯᑎᐦᐅᑐᐄᐦᒡ. ᐅᒌ ᒫᒃ ᑳᒥᔑᐲᔑᒡ ᐃᔨᔦ ᐊᐊᔑᒡ, 14 ᒋᑎᔑᔦᐦ ᑯᑎᒃᐦ ᐊᐋᐧᐦ ᐊᑯᒥᐦᐋᒻ ᐊᔑᑦ ᐊᑳᑎᔅᑯᑎᐦᐄᒑᒡ.

ᐱᒑᐃᑦ ᒫᒃ ᐸᔨᑯᐹᓐᐦ ᑳᐃᔑᑯᒥᐦᑖᑦ ᐅᔮ ᒧᑐᑭᓯᔅ ᓅᐦᑖᓂᔦᓪ, ᑳᐃᔨᑦ ᑳᒥᒥᐦᑖᑯᔨᑦ ᐅᐦᑖᐧᐄᒫᐧ ᐁᐃᐱᓐ ᐹᓵᒻ, ᐅᒥᒫᐦᑳᓐ. ᓇᓐᑐᑳᑯᔥᑯᐦᐄᑯ, ᑳᐃᔨᑖᑦ ᓅᐃᔑᓐ ᑎᐸᒋᒧᔫᓂᐦᐄᑭᓐ.

ᐊᑦᑑ ᒫᒃ ᐊᔩᒥᐦᑑ ᐅᔮ ᐊᓅᐦ ᐋᐱᐹᓂᒡ. ᓂᒧᐃ ᒫᒃ ᓇᔅᐦ ᐅᐦᒥᒥᔦᐱᔦ ᑳᑯᒥᐦᐄᑎᓈᓄᐄᒡ. ᒫᓐᑕ ᒫᒃ ᑲᐱᑎᔅᑎᓇᑭᓅᑦ ᐅᐦᐱᒪ. ᐊᓂᔮ ᒫᒃ ᒋᐐᒥᔦᐲᑦ, ᔮᐃᑖ ᒋᐱᐦᐄᑭᔅᒋᐦᐅ ᐊᓂᔮ ᐋᒥᔥᒋᐲᑦ.

ᐊᓐ ᒫᒃ ᐄ ᓅᐦᑖᓂᔦᓪ ᒌᓂᑲᓂᐱᔦ ᐅᐦᒡ ᐊᓂᔮ ᐋᒥᒥᔦᐲᑦ ᐋᒥᔥᒋᐲᑦ. ᐄ ᒫᒃ ᒌᐱᑯᐦᐅ. ᓂᒥᓇᔅᐦ ᑭᔮ ᐅᐦᒍᔅᑖᐱᔦ.

ᔖᔥ ᒫᒃ ᐄᔅᐧᐊ ᐸᔨᑯᐹᓐᐦ ᒥᔥᐱᔑᑯᒥᐦᑖᐧ ᐅᔮ ᐋᐃᐦᒋᓈᓅᐄᒡ. ᐅᔮ ᔅᑯᓂᒡ ᒌᑯᒥᐦᑖᐧ ᓂᔥᑎᒻ ᐊᐧᑳᑎᔅᑯᑎᐦᐅᑐᓈᓅᐄᒡ. ᑎᐊᒻ ᒫᒃ ᓂᔥᑎᒻ ᐄ ᒥᐦᑖᐧ ᐊᓂᔮ ᑳᑳᒥᐦᐄᑐᓈᓅᐄᒡ ᐊᓐᑕ ᐸᓅᒡ ᑯᐯᒃ ᓯᑎ, ᑳᒫᑯᐦᐊᑦ ᐊᓂᔮ ᒫᐅᒡ ᑳᑭᔅᒋᐦᐅᐄᒡ ᐅᑦ ᑯᐯᒃ ᐊᔅᒋᔦᐦ. ᓂᓐ ᒫᒃ ᒥᓐ ᒌᑳᒥᐦᐅ ᐊᓂᔮ ᔮᐱᒡ ᐲᔨᒫᐦ, ᐊᑯᑦ ᒫᒃ ᐊᓐᑦ ᑳᐦᑖᑦ ᐊᓂᔮ ᓂᔥᑐ ᒫᐅᒡ ᑳᑭᔅᒋᐦᐅᐄᐦᒡ. ᐊᑦᑑ ᒫᒃ ᒐᐃᔨᒥᓂᔦ ᑳᑯᒥᐦᐄᑐᓈᓅᐄᒡ ᐊᓂᔮ ᑳᑯᒥᐦᐊᑦ ᐊᐧᐊᔦ ᐊᑦᑑ ᐊᒥᔦᒋᔅᒑᐃᐦᑎᒥᐦᒡ. ᔮᐱᒡ ᒫᒃ ᐄ ᒋᐱᑭᐅ.

THE MOTOCROSS WORLD has been taken by storm by two youngsters from Ouje-Bougoumou. Katejun Coonishish, 8, and Nathaniel Bosum, 6, took first place in their age groups in a national motocross competition on Saturday, April 26, held in Victoriaville, Quebec. The next day, the speedy duo placed first in a Quebec-wide motocross contest. They were competing against 14 other kids in each race.

Nathaniel has been doing motocross a little over a year, said proud father Abel Bosum, the community's chief. "I think he was surprised. This year, he's a little more aggressive. He had a bad start in the tryouts and was put way to the side. He had to get off to a really good start to get a good take-off." But a powerful start put Nathaniel ahead of the pack and he cruised to victory without too many problems.

Katejun has been racing competitively for a year. He roared onto the racing scene last spring taking first place in his first-ever competition and beating the then-Quebec champion. This race was tougher since he was competing against some seasoned racers, but Katejun was undaunted and managed to prevail yet again.

- BY ALEX ROSLIN

NO THANK Q, HYDRO-QUEBEC!

by Ann Stewart

Twenty five years ago, on April 30, 1971, Quebec Premier Robert Bourassa announced the "project of the century," and thus began the construction of North America's largest hydroelectric project.

When Quebec's current premier, Lucien Bouchard, announced this March that the government would "study" whether to build a new dam on the Eastmain River, Cree supporters in New England went into action.

On April 27, the thousands of people who attended Boston's annual Earth Day rock concert and environmental festival had the opportunity to learn about the James Bay projects.

"We want to remember what has been done in our name to the land, the waters and the people," said Jane Taylor, president of the Massachusetts Save James Bay Foundation.

"New England gets up to 10 per cent of its electricity from the James Bay projects."

Members of the group, No Thank Q, Hydro-Quebec, of Maine, assisted with the Massachusetts outreach.

Cyndi Luppi of the Massachusetts organization designed a colourful banner with the slogan, "James Bay - 25 Years," which was signed by hundreds of people.

"Sweden believes in you, keep up the fight," wrote one man.

"Eastmain (Phase II) Don't Do It!!" wrote another woman.

Other signers included a Dartmouth College graduate who was active in the 1992 campaign to divest the college of its Hydro-Quebec bonds, several Canadians, a Latino family and many children who drew the Earth or hearts around their signatures.

Massachusetts Save James Bay has set up an e-mail address (cree@world.std.com) to collect letters of support for the Cree Nation. Already, they have received correspondence from Brazil, many Canadian provinces and U.S. states.

The banner has been mailed to the Cree Nation Embassy in Ottawa, along with a letter asking if it could be displayed at the next Cree Nation Annual General Assembly.

Coming On CBC TV
Maamuitaau

May 18 and 19
To strive for a personal goal can sometimes mean overcoming unique challenges. **Maamuitaau** this week talks with a Cree student who is pursuing her dreams of becoming a nurse. Shirley Blackned talks about her experiences and the changes she has made to go to John Abbot College in Montreal. Also on the show, a look at how the youth of Waskaganish have turned their dreams into a video production reality.

May 25 and 26
George Matoush is 94 years old, Lizzie Edwards is 100 and Sally Minister is 103. They live in Mistissini and are the oldest living elders in Cree communities. **Maamuitaau** not only talks to them about their life experiences, but also finds out from their children what life was like growing up with their parents. On **Maamuitaau Chis'chaayihtamoon** we explore the uses of willow plants, the history of the drum and traditional medicine for swelling.

Watch **Maamuitaau:**

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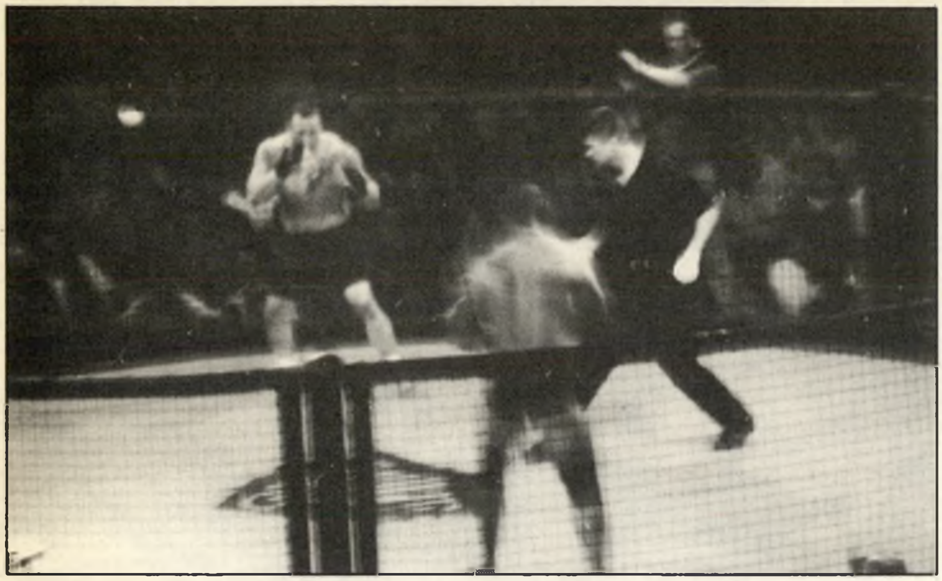

NEIL DIAMOND

MOHAWKS DEFIANT OVER EXTREME FIGHTING

by Alex Roslin

The Extreme Fighting match in Kahnawake has erupted into a political brouhaha that has increased tensions between the Mohawk Nation and Quebec. At one point, Premier Lucien Bouchard even said he was worried about the possibility of another Oka Crisis.

The "no-holds-barred" contest held April 26 put a dozen martial artists from around the world in an octagon-shaped cage to battle it out for a reported $50,000 in prizes. The only rules: no eye-gouging and no biting. There were no rounds and the matches were over only when a fighter could no longer defend himself.

The event drew 4,000 spectators to Kahnawake's sold-out arena, about half paying $20 for standing-room-only spots.

The bouts were free of the carnage expected by the Quebec government, which predicted a "human cockfight." The lack of blood and gore was largely due to the fact that fighters wore lightly padded 5.6-ounce gloves. One Kahnawake resident commented, "I've been in worse fights with my sister!"

But that didn't stop Quebec from declaring the event illegal and trying to stop world-wide broadcast of the event on pay-per-view. The day after the fight, Kahnawake Peacekeepers and the SQ arrested some of the fighters in Montreal just as they were about to fly home.

Quebec's actions angered many Kahnawake residents. Grand Chief Joe Norton said he wouldn't renew a policing agreement Mohawks signed last fall with Quebec and Ottawa. Norton was also angered by the arrests made by his own police department and fired police chief Joseph Montour.

Fight organizer Mike Thomas, a Tae Kwon Do master in Kahnawake, was also defiant, promising another "extreme combat" match this summer.

The first fight, a lightweight bout, went on for a gruelling 20 minutes before the referee declared a draw. The fight went quickly to the ground and the crowd was treated to a series of joint-locks, holds and dramatic reversals as the two exhausted fighters proved unable to finish off their opponent. They spent most of the match lying on their backs trying to twist off each other's ankles and occasionally kicking their opponent's face.

Cree kickboxer Melvin "The Mule" Murray of Vancouver was also scheduled to compete in the lightweight category, but he didn't attend due to an injury while winning the World Wrestling Kickboxing Council lightweight title in Australia.

NEIL DIAMOND

The next three fights were very different. All of them were over in under a minute and saw experienced ground-fighters dominate their opponents with skilled throws, holds and chokes. Noteworthy among them was Lightweight Extreme Fighting Champion Ralph "The

continued on page 9

CHISASIBI MAN CHARGED WITH SEXUAL ABUSE

Police have arrested a 52-year-old Chisasibi man for allegedly sexually abusing three boys from the community.

Gilbert Herodier was arrested by the Surete du Quebec on March 28 and charged the next day with one count of possessing child pornography and nine counts of sexual abuse-related charges, said Cpl. Ghislain Blanchet of the SQ Major Crimes Unit in Royun-Noranda.

The charges carry a combined maximum sentence of 14 years.

Two of the boys are 7 years old and one is 8.

Blanchet said police seized about 100 pornographic photos from Herodier's residence in Chisasibi. The investigation is continuing and more charges may be laid.

The arrest shocked many Chisasibi residents. Particular concern has been expressed for the children who were allegedly sexually abused. Some residents told *The Nation* that very little professional counselling is available in the community for those who experience sexual abuse.

Herodier has been placed on conditional release until his trial takes place, sometime this fall. Until then, he has been ordered to remain in Val d'Or, stay clear of Chisasibi and avoid contact with minors.

TENT PROTEST IN OTTAWA

The Algonquins have returned to downtown Ottawa with another tent city.

A few years ago, an Algonquin occupation of Parliament Hill forced the feds to finally listen to Algonquin concerns about forestry on their lands.

Now, about 60 residents of Barriere Lake are back protesting an Indian Affairs decision to replace Jean-Maurice Matchewan as the community's chief (see *The Nation*, April 26). They are camped out on Victoria Island, which is downtown in view of Parliament Hill.

"They're staying here indefinitely until this thing is resolved to their satisfaction," said Russell Diabo, Matchewan's ex-advisor.

As part of the protest, the Algonquins also started holding classes for their children in the lobby of the Indian Affairs department's building in Hull, Qc.

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CONAN DROPS RIGGS FOR HEAVYWEIGHT TITLE

continued from page 7

Pitbull" Gracie, who held on to his title by skillfully reversing an attempted takedown by Sambo fighter Steve Nelson of Texas early in the fight. The referee stopped the fight at 44 seconds after Gracie landed on Nelson's back and started punching the back of his head.

After the first few fights, the mostly male audience was introduced to the Penthouse Pets (Penthouse Magazine sponsored the event). The "pets" sashayed around the ring clad in the latest swimsuit fashions. The audience was, shall we say, appreciative.

The fifth fight saw crowd-favourite Jean Riviere of Montreal, 250 lbs., matched against Denilson Maia, 205 lbs., a Brazilian who at 19 is the youngest fighter to ever compete in Extreme Fighting.

Early in the bout, Maia won *The Nation*'s award for most unusual combat move. He jumped on Riviere's back and held on tight delivering a punishing succession of punches and headbutts to the back of his surprised opponent's head. Ouch!

Maia, a practitioner of the obscure discipline of Luta Livre, also proved to be an inventive fighter on the ground, several times getting out of clinches when the crowd thought he was finished. But in the end, the heavier Riviere prevailed with a reverse choke as the crowd chanted "Ti-Jean."

The sixth fight was the most brutal, pitting 232-lb. Marcus "Conan" Silveira, another member of the famed Gracie jiujitsu clan, against Carl Riggs, 218 lbs., who practices Hawaiian freestyle.

The fighters, competing for the heavyweight title, started out cautiously. They circled each other slowly at a safe distance, throwing the occasional quick punch or low kick. The audience expected it would quickly go to the ground, the area of expertise for both fighters.

But this isn't what happened, proving the old fight adage - always expect the unexpected. After a minute or so, Conan saw an opening in Riggs' guard and moved in, unleashing an awesome fury of jabs, hooks and uppercuts that left Riggs stunned and helpless. I counted at least 18 strikes in the space of about 4 seconds!

The ref stepped in and Riggs was last seen getting his jaw examined by a doctor.

CUTEST GIRL FOUND OUT

We brought you the Cutest Boy in the Cree Nation. Now, by popular demand, we bring you the Cutest Girl. The voting was enthusiastic and sundry a Cute Girl was nominated.

But there was one who, above all others, received the most votes. **Carole Kitchen** of Waswanipi.

Carole Kitchen, Cutest Girl

Runners-up:

Sarah Bearskin of Chisasibi, and Rachel Neeposh, Tiffany Neeposh, Ida Gray, Mary Mark, Celina Jimiken and Arlene Mianscum of Mistissini

Honourable mentions:

Mistissini - Rosie Iserhoff, Rachel Neeposh, Evelyn Shecapio, Celina Jimiken, Bella Voyageur (Blossom), Mary Mark, Tiffany Neeposh, Ida Gray, Kim Quinn, Tiffeny Bannack, "Nurse" Nian Matoush, Rachel Neeposh

O.J. - Chantal Mianscum, Rachel Bush, Sonia Bosum, Percilla Bosum, Melissa Bosum

Nemaska - Lee-Ann Neeposh, Cindy Coonishish, Catherine Cheezo, Charlene Wapachee, Ruby Tanoush

Waswanipi - Eleanor Gull

Arlene Mianscum

Sarah Bearskin

Some of your comments on the nominees:

"We picked her because she's the prettiest. She doesn't know, but she really is. We found her very attractive in every way."

"Because she's my sister and I love her very, very much."

"She is a very smart and caring girl. She's got a great personality and good sense of humour. She's a very special girl with a cute nose!"

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...A LITTLE BIT ABOUT NEMISCAU

In 1978, or 18 years ago, the community of Nemiscau, situated here on Champion Lake, was nothing more than a few scattered wood-framed tents with plywood sidings, and numerous outdoor privies (toilets).

We only had one telephone for the whole community and this was located at our make-shift "General Store," composed of a small plywood shack with a little window, and the store was partially powered by an old run-down diesel generator, basically to keep the potatoes and the "Klik" from freezing.

BY CHIEF GEORGE WAPACHEE

Unfortunately, our cherished generator caught fire one night and it blew up. Since this was the only source of power in town, everybody wanted a piece of the action by plugging in to it. We ended up killing it through a major "overload." Needless to say, there was a big sale on potatoes the next day.

The only telephone book we had was the random "scribbling" on the plywood wall by the phone, normally associated with the hot spot in town. We did build an additional room, attached to the General Store, and this became our local pool hall, fully-equipped with a small pool table. This little space was a real "hang-out," for both young and old alike, but only during normal store hours.

We did finally have to do away with our pool hall because the roof started leaking and it eventually flooded following the arrival of the annual spring thaw. It began to smell inside and, of course, this did not sit well with the store customers. To this day, it is still a mystery as to what happened to that little pool table.

In those days we did not have the luxury of living in a house, as there were none. There was no running water or indoor toilets, local roads were non-existent, so we did not have any heavy machinery, there was no electrical power at all, much less any of the conveniences associated with electricity. There were no school facilities, no clinic and no police services whatsoever. There was no access road as we have now and any travel into the community was done either by boat in the summer, or by ski-doe in the winter. There were very few people who owned vehicles and these became the much "sought after" taxi drivers.

The people were here to live permanently and even though they did not have a lot then, they somehow always kept busy as there was never a shortage of things to do. Firewood had to be chopped and hauled to the community as everyone used woodstoves. Water was taken from the lake on a daily basis. There was a bit of small game around during this time, so it was common to see rabbit snares in the bush nearby or people tending to them. Boughs for your tent had to be procured on a weekly basis, and there was a general atmosphere of people always going off somewhere to tend to some need.

Our main concern during this time was to fulfill certain provisions of the James Bay and Northern Quebec Agreement respecting the establishment of a new settlement for the Nemiscau Band, and more specifically:

1) "At least ninety persons of the Nemiscau Band, within a one year delay after signing the final agreement (November 11, 1975), will have to formally pledge themselves to permanently settle on Category 1 lands" - this condition was met in the summer of 1976 when 147 Nemiscau Band members signed the pledge to relocate.

2) "Within a five year delay from the date on which the final agreement is signed (November 11, 1975), it must be established that the permanent residence of not less than ninety members of the Nemiscau Band is effective on Category I lands.

"Should one or another of these conditions not be adhered to, Category I and II lands, set aside in the Nemiscau Region, shall have to be redistributed in the Mistassini and Fort Rupert Regions, proportionally to the members of the Nemiscau Band living there."

So, as you can see, time was running out for us in meeting the second condition, which needed to be fulfilled in 1980, but not without some dire consequences for the people.

The Band administration was composed of one Chief and two Councilors. There were no permanent Band employees then and the annual budget that was provided by Indian Affairs for the new community was just slightly over $12,000 per year, more aptly

named - our Core funding.

The first Band Office was located in a plywood tent-frame structure we bought from the Cree School Board out of our meager budget. They did not need this facility anymore after successfully carrying out the first Adult Education Course in the village, a cooking course for the women. The Chief's first desk was a 4-by-8 plywood table slapped together by our proficient carpentry crew, complete with a stackable chair with the brown metal frame - a real luxury.

One of the very first buildings we constructed was the local Community Church. This direction was given to us by one of our Elders at a Band meeting, which respected the need of a strong foundation for our new home, a spiritual base in the heart of our new community.

The present Church still remains the same as it was originally built, with one exception. A few years ago Kepa Transport almost tore off half of our Church when they accidentally backed into our prized "twin Parthenon columns" on the front entrance of the Church. Following much persistent "haggling" over actual evidence, they finally did pay for the work we had to do to repair their damage in replacing the cement columns with wooden structures. They only needed to go down to the shoreline as both of the damaged cement columns ended up being ground support weights for our community wharf.

We did build a temporary dance hall one summer for our recreational needs, which was basically a large plywood structure, complete with wooden flooring. We could not finish the roof since we did not have enough money, so we kept it open. But there's a lot to be said about dancing under the stars, as long as it did not rain. We eventually completed the roof, until one dark and stormy night, the wind blew it away.

Since there were no educational facilities in the community, all of our student population of both the elementary and secondary levels had to be taken out to existing schools in Fort George, Rupert's House or to non-Native towns down south. We were still living under the continued influence of the residential school system.

We did not have a policeman back then, so we all had to make sure nobody got into trouble.

The funny thing is I cannot recall of any "break and enters" into people's tents. Maybe it was because nobody had much in those days. We did not have any windows back then, so there were certainly no windows to break. I suppose, in many ways, living in tents was more neighbourly. People visited each other more often and stealing from your neighbor was unheard of. Borrowing was better, as long as you asked or told your neighbor.

There was never any need for a curfew. Everyone went home at a decent hour to go to sleep after a busy day. There was a time when a wayward wolf wandered into the community, then decided to hang around during the nights for a self-imposed extended stay, no doubt attracted by the constant abundance of "local dogs." Most wolves are naturally afraid of humans, so we left it alone for awhile. However, for the young people, this was curfew enough.

As mentioned previously, there was no access road into the community and one of the most difficult periods we had was during the fall "freeze-up" and the spring "break-up." These were the times when we were completely isolated, for it was dangerous to travel on the lake.

For some reason or another, everyone seemed preoccupied with how to get to the other side... the other end of the lake where the Hydro-Quebec gravel road passes by, more commonly known as "58."

There are stories of pregnant women traveling "waist" deep in cold water, or somebody trying to make it back by the lake to the village during the night, carefully avoiding the various holes on the ice. At one time, there was an individual who ended up walking for two kilometers from the 'Narrows' in his bare feet, while there was still snow on the ground. Then there was that morning when there were seven ski-does stuck and frozen in two feet deep "slush" on the lake. Apparently they had tried to make it to "58" the evening before, but they had to abandon their machines, including the sleds. Even our local Pastor fell through the ice one evening. Miraculously, there were several members of his congregation nearby who managed to "fish" him out of the water to safety. I guess somebody forgot to tell him "you cannot walk on water."

There were certainly many close calls of ski-does almost going through the ice or of people traveling by boat on the lake in "pitch" darkness, not to mention the high waves, when it was windy.

It is a wonder we never really experienced any serious accidents during these periods.

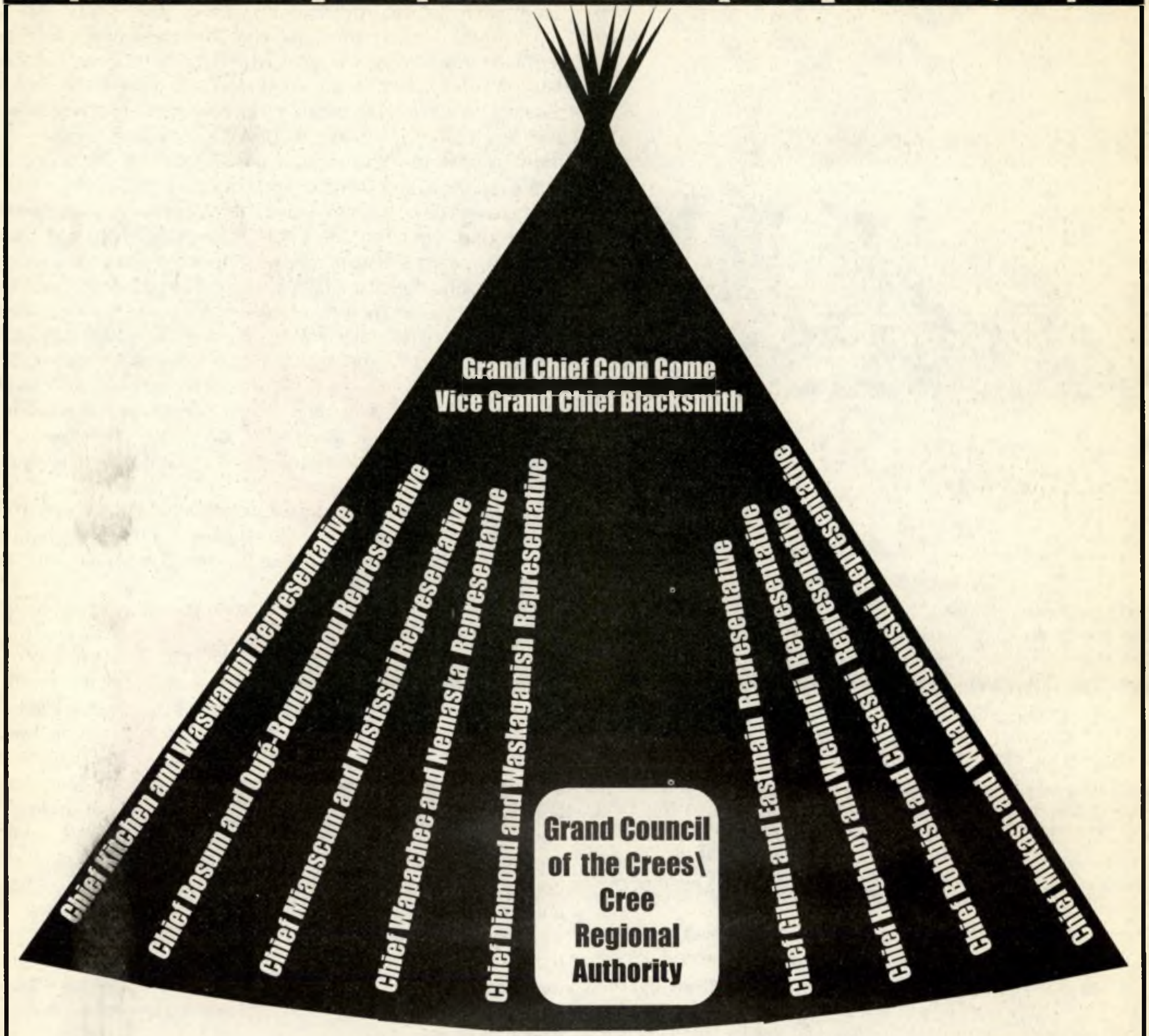
In the spring and summer of 1980 there was a major tragedy that struck our community. This became our first crisis.

Contaminated drinking water led to the deaths of four small children within a span of four months. There was a serious epidemic in the community - an outbreak of gastroenteritis- and the children were the most vulnerable.

Four more children died in an another Cree community of similar circumstances at about the same time.

These cases were publicized and debated by the Grand Council of the Crees (of Quebec) and federal and provincial officials. An infirmary (clinic) was hastily supplied for our community by the province, it was actually flown in piece by piece by helicopter. These tragic incidents finally led to a real wake-up call to government officials on the poor living conditions of the eight Cree communities, and safe water supplies and adequate sewage facilities are now seen as a major problem area in community planning and construction. Eventually, an agreement was signed with the federal

continued on p. 26


Grand Chief Coon Come
Vice Grand Chief Blacksmith
Chief Kitchen and Waswanipi Representative
Chief Bosum and Oujé-Bougoumou Representative
Chief Mianscum and Mistissini Representative
Chief Wapachee and Nemaska Representative
Chief Diamond and Waskaganish Representative
Grand Council of the Crees\ Cree Regional Authority
Chief Gilpin and Eastmain Representative
Chief Hughboy and Wemindji Representative
Chief Bobbish and Chisasibi Representative
Chief Mukash and Whapmagoostui Representative

The Grand Chief along with the nine Chiefs and one representative from each community make up the Grand Council.

The unity and strength of our Nation relies on the ability to represent all Eeyouch so everyone benefits equally.

WE WANT TO HEAR FROM YOU!

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Grand Council of the Crees (of Quebec)
Grand Conseil des Cris (du Québec)

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LET'S
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WELL
Vol. 1 No. 3

The Four Traditional Food Groups

ᐅᐢᑭᓂᒃ ᑭᔮ ᑑᑑᔑᓈᐳᐦᒃ

BONE AND MILK PRODUCTS

ᐋᑯᑦ ᐧᐋᒋᐲᒃ
ᒫᒌᒥᐡᑭᐧᐋᒃ ᒌᐱᑦ
ᑭᔮ ᒋᐢᑭᓐ.

Get calcium from fish bones.
Help make teeth and bones strong.
Examples:

Fish Head/ᓂᒫᐢ ᐅᐡᑎᐧᑳᓐ

Bones Boiled for Soup/
ᓂᒫᐢ ᐅᐢᑭᓐ ᐊ ᒌᐅᓯᑭᓅᒃ

Fish Broth/ᓂᒫᐢ ᒨᐡᑭᒦ

Bake, sigibon or grill
meats instead of frying

ᐧᐄᔮᐢ

MEATS

ᐋᐅᒄ ᒪᐧᐄᒥᐦᐃᑯᐃᓐ
ᒫᒥᐢᑯᓲᓐ ᑭᔮ
ᒫᒥᐧᔮᑭᒥᒃ ᒋᒥᐦᒄ.

Help make strong muscles and good red blood.
Examples:

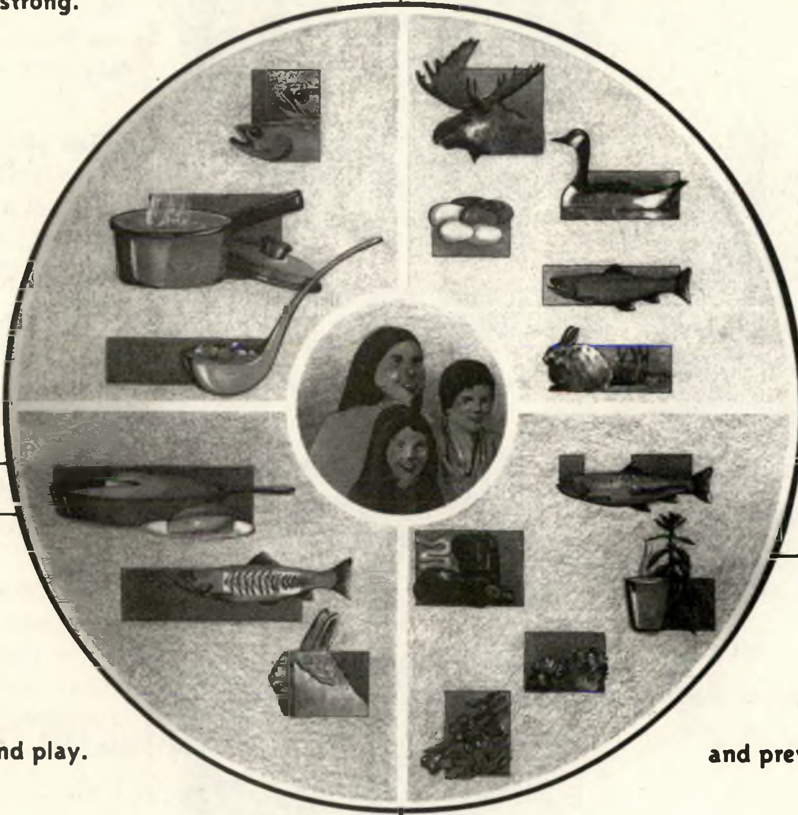
Moose/ᒨᐢ

Goose/ᓂᐢᒃ

Eggs/ᐧᐋᐦ

Fish/ᓂᒫᐢ

Rabbit/ᐧᐋᐳᐡ



ᐊᐃᐦᑯᓈᐤ

BANNOCK

ᐋᑯᑦ ᐧᐋᒋᐲᒃ
ᒫᒌᒋᔖᒥᒋᐦᐧᐄᓐ
ᐋᐦᐋᐱᑎᓰᓐ ᑭᔮ
ᐊᒫᑎᐧᐋᐃᓐ.

Gives you energy to work and play.
Examples:

Bannock/ᐊᐃᐦᑯᓈᐤ

Sturgeon Marrow/ᓂᒫᐤᐧᐄᓐ

Animal Brain/ᐅᑎᐦᑉ

Use less lard when making bannock.
(replace with oil instead).
Lard is bad for your health
in large amounts.

ᒦᓂᐡ ᑭᔮ

BERRIES & VEGETABLES

ᒫᐤᑳᓐ ᐊᓂᐦᑖᐅᒥᒃ ᐊᐢᒥᒃ
ᐊᐅᑯᓐ ᐤᐋᒥᐦ ᐱᑯᐃᓐ
ᒫᒥᓂᐦᐋᐱᓭᓐ ᑭᔮ ᓂᒥᓈᐡᒃ
ᒋᑳᑯᓯᒄ.

Helps your eyes
and prevents infections. Examples:

Fish Eyes/ᓂᒫᐢ

Fish Intestines/ᓂᒫᐢ ᐅᑎᒋᔒ

Stomach and intestines - liver - heart - kidney/
ᐅᑎᒋᔒ - ᐅᐢᑯᓐ - ᐅᑖᐃ ᐅᑑᑎᐦᑯᓯᒃ

Herb Tea/ᐧᐄᓯᒥᐱᒄ ᐊᐳᐃ

Lichen/ᐧᐋᐦᑯᓂᒃ

Berries/ᒦᓂᐡ

Watch for recipes in
upcoming *Let's Live Well* Issues.

What you SAY about smoking

← Jimmy Ekomiak

I don't know why
I smoke. Maybe
because I like it.
I smoke one pack
every week and a half.
When I work,
I don't smoke.

Abraham Fortchino →

I don't smoke
because it hurt.
I told myself to stop.

← Paul Pachano

I've been addicted for 4 years.
I smoke half a pack a day.
I tried to quit once for two weeks.

Derek House →

I started January 26, 1994.
Everybody was smoking. I've tried to
quit more than once.
I smoke seven cigarettes a day.

JOIN the Nation in quitting

Four of us at *The Nation* are sick of smoking (literally). And we're breathlessly (again literally) waiting to quit. Our code names are: **Tar-a, Nicotina, Flem and Stinky**.

We've set a quit date. Saturday June 1, 1996. Join us. We can all do it together. Look for quit tips in the next few Nations. Then, we'll keep you posted on our progress.

What happens when you quit smoking

ACCORDING TO THE AMERICAN CANCER SOCIETY:

WITHIN 20 MINUTES

- Blood pressure drops to normal;
- Pulse rate drops;
- Body temperature of feet and hands increases to normal.

AFTER 12 HOURS

- Pulse rate will slow and skin temperature increases;
- Oxygen level in blood increases to normal;
- Carbon monoxide in blood drops to normal.

AFTER 24 HOURS

- Chance of Heart Attack decreases due to improved cardiac function and circulation for your hands and feet;
- Fine motor co-ordination improves.

AFTER 48 HOURS

- Nerve endings start regrowing;
- Ability to smell and taste things is enhanced.

AFTER 72 HOURS

- Bronchial tubes relax, making breathing;
- Lung capacity increases.

WITHIN 2 WEEKS TO 3 MONTHS

- Circulations improves, walking becomes easier because stamina and vigor has improved;
- Lung function increases up to 30 per cent.

1 TO 9 MONTHS

- Coughing, sinus congestion, fatigue, shortness of breath decreases;
- Cilia regrows in lungs, increasing ability to handle mucus, clean the lungs, reduce infection;
- Body's overall energy level increases.

1 YEAR

- Risk of heart disease decreases 90 per cent;
- Heart will have returned to nearly normal condition.

10 TO 15 YEARS

- Risk of lung cancer will be approximately the same as if you had never smoked;

ENJOY YOUR LIFE AS A NON-SMOKER!

Take a Walk

When life is getting you down. When you are stressed and angry at the world. When you are yelling at your loved ones or blaming everybody —Take a walk. Take the door. Get outside. Next thing you know, you are thinking differently. The healing grace of God and nature will fill you.

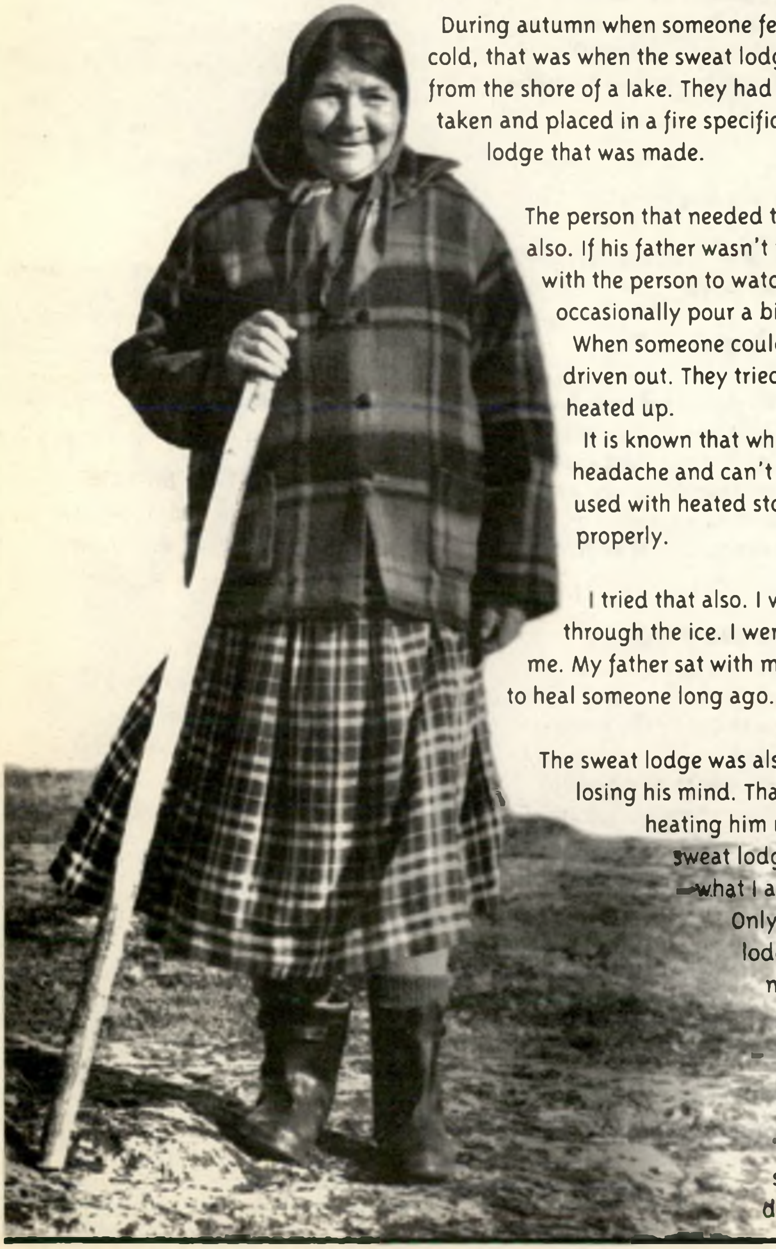
Rosie Wapachee brings you these words of wisdom from her father:

My father is 80 years old and he told me something I will always remember. "The wind blows in all directions," he said. "Not everything that's in the mind is healthy. Go for a walk and let nature do its work. Listen to the wind."

WISDOM FROM THE ELDERS

The Sweat Lodge

Told by Sinclair Moses



During autumn when someone fell in the water or tipped a canoe and was suffering from the cold, that was when the sweat lodge was used. The stones that were used came from the rapids or from the shore of a lake. They had to come from the water - always in the water. The stones were taken and placed in a fire specifically made to heat them up. And they were placed in the sweat lodge that was made.

The person that needed to be healed went in the sweat lodge, his father went with him also. If his father wasn't there, his uncle or his older brother went in. That was who sat with the person to watch him inside the sweat lodge because the person had to occasionally pour a bit of water on the stones.

When someone couldn't enduce a fever, the cold that is in his body couldn't be driven out. They tried to get the cold out with heat. That was the reason why he was heated up.

It is known that when a person falls in the water and gets the chills, he has a headache and can't see clearly. He gets cold also. The sweat lodge was immediately used with heated stones. And there was someone there to watch him being healed properly.

I tried that also. I went inside once, when I fell in the water during the fall. I fell through the ice. I went inside and I felt different immediately when that was done to me. My father sat with me - watching me. That is how I know the sweat lodge was used to heal someone long ago.

The sweat lodge was also used when someone wasn't thinking clearly - when he was losing his mind. That is what I know was used on someone who was like that - heating him up. When a woman was not doing well, she was taken inside the sweat lodge to heat her up so the harmful things could come out. That is what I also saw done, when someone was healed in the sweat lodge. Only stones and water were used for healing. When I saw the sweat lodge that was made here, I really watched carefully how it was made. The frame was just erected and then covered with tarp and the stones brought in. I don't think that it is exactly the same way it is made when the strangers made the sweat lodge. They put tobacco where the sweat lodge poles would stand. I thought that was something different. I think that it is a different way of thinking. That is how I understand it. When I saw the way my father make the sweat lodge for healing, he didn't put anything there.

Health Briefs

DEALING WITH SUICIDE

In Nemaska, if someone threatens or attempts suicide, some community members are now trained to intervene.

A series of 2-day workshops are being held to teach people how to deal with the immediate risk of suicide. Community members learn how to calm the suicidal person, remove the immediate risk and help the person through the crisis.

Trainees also learn how to identify people at risk, how to approach them, how to ask people if they are thinking about suicide. They also learn how to refer them for help.

The next workshop will be held after goose break.

LIVE ON STAGE

The Kahnawake Performing Arts Company recently toured their hit play "Live on Stage - Uncensored", to the communities of Mistissini, Chibougoumou, Ouje-Bougoumou and Waswanipi.

The play - a series of skits about teens and sex - addresses issues like pregnancy, homosexuality, date rape, STDs, parents, condoms, and teen emotions.

"It got a fantastic response from the kids," said Bob Imrie, of the Module du Nord. "They like the way the message is being given — from aboriginal kids to other aboriginal kids."

The play may tour other communities in the fall.

CHRs GRADUATE

Congratulations to all Community Health Representatives (CHRs) who graduated from their intensive training course last month. The CHRs are now back in their communities working on updating medical bush kits, working with pregnant moms, new moms, and with diabetics, teaching nutrition and dental health in schools, and of course, having to do all kinds of paper work.

TALKING TEEN SEX

Rosie Wapachee, the Community Health Representative in Nemaska, says it is vital today that parents teach their teens about sex.

"When I was growing up, my mother never talked to me about sex. I was always taught that sex was a sin, that it was wrong. But today, it's not like 50 years ago, sex can kill you. There are all kinds of disease out there and kids today are very sexually active."

Wapachee said, some people worry that by talking to their kids about sex, they will be encouraging them to go have it. "That's never bothered me," she said. "They're doing it anyway."

Wapachee said she'd rather kids know how to protect themselves from disease, than die from one.

SEXUAL ABUSE

We are now starting to recognize that many of us were sexually abused as children. But until recently, no one spoke of it. As the issues are coming to light, more and more people are coming forward. If anyone ever comes to you and says they were sexually abused, here is how you can respond and how you can help.

-stay calm and listen
-do not judge, condemn or criticize
-believe the person (it may be a relative or someone you know that abused them)
-respond in a caring way and ask them how you can help

You should say:
"Thank you for confiding in me"
"I believe you"
"I am sorry such a horrible thing happened to someone as nice as you"
"I will listen"
"I will help you (to find help)"

Encourage the survivor to get support and talk to someone because it is important to talk to someone about the sexual abuse experience -- it is the first step towards healing. A self help group, professional counsellor, or someone known and trusted are all good people.

STAYING STRONG

Alcoholics Anonymous (AA) and other support groups often start out strong and then die off, said Nemaska Community Wellness Counsellor James McGarry.

"We want to try and establish a support network based on what people in recovery feel they need or would like, " McGarry said. "For whatever reason, some people just don't feel comfortable the way things are set up."

That's why Nemaska is holding an Aftercare weekend May 25 and 26th. McGarry said it's important that people get the kind of support they want when they return home from treatment centres.

THE ADVENTURES OF nurse Nian
introducing nian matoush
An Emergency Session of the Cree Health Security Council convenes...
In a race against the clock, the Council had to solve the Nation's growing health concerns...
Zzzz...
Hmmmm_
A last-minute suggestion saved the day...
Soon, a nation-wide search for the perfect super-nurse began. Many were called, but only ONE was chosen...
Nurse Nian!
Watch for the upcoming adventures of Nurse Nian in future Health issues...

Contributors for this edition of ᒥᔪᐱᒫᑎᓰᑖ

Neil Diamond
Catherine Bainbridge
Brian Webb
Nian Matoush
Bob Imrie
Mavis Verronneau
Rosie Wapachee
Katerina Cizek

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◆

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- ◆ This program is for all Native youths and adults with problems related to drugs and alcohol.
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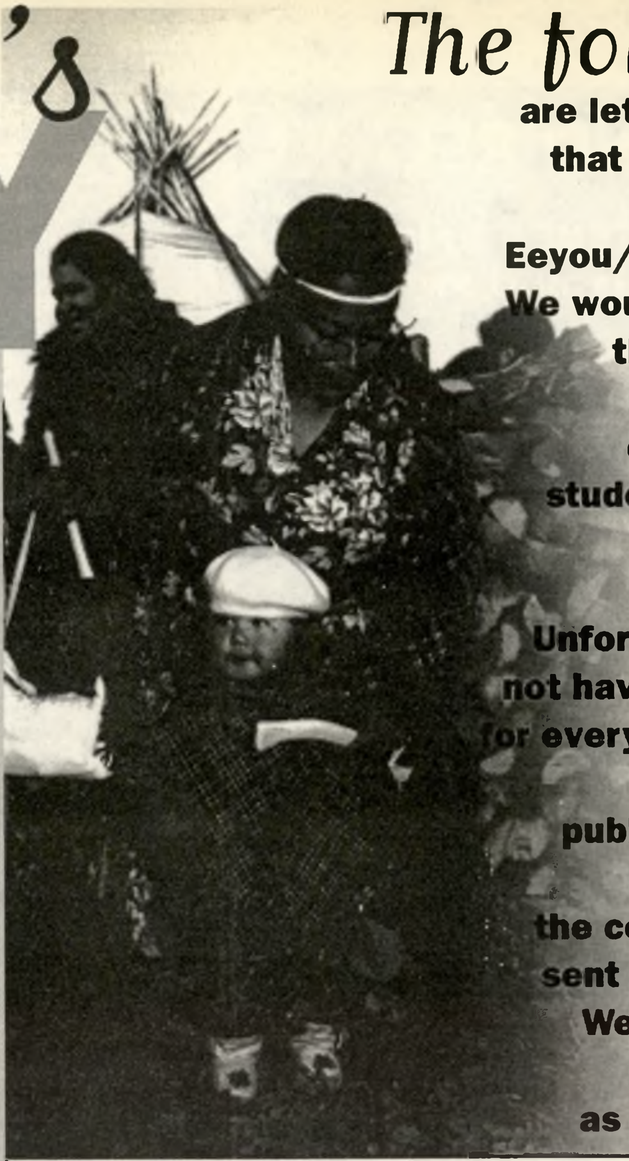
Mother's DAY

The following

are letters and poems that were written by students in Eeyou/Eenou Astchee. We would like to thank the teachers and principals for encouraging the students to put their hearts into these letters. Unfortunately, we did not have enough space for everyone, but we did manage to publish at least one from each of the communities that sent us submissions. We hope you enjoy reading these as much as we did.



Ways to make your Mom/Wife feel Appreciated

1. Cleanliness is next to holiness. Clean the entire house for her and she'll think you are a saint.

2. Create a scrapbook that summarizes the important events of your relationship with her. Put in photos, stories and memories of years gone by. If it's for your wife, write down your memories of when you first started dating and how you felt on your wedding day and on the day your first child was born.

3. Make it a point to thank her for all the things she does for you, even the little things like laundry and dinner.

4. Speaking of dinner, why not make her dinner for a change (it also helps if you make *her* favorite dinner, not yours).

5. Husbands, confess. You probably haven't been romantic since our incredibly popular Valentine's Day issue, so here's your chance to redeem yourself. A little R&R—romance and relaxation. Don't forget to tell her that she is a beautiful woman and that you admire her.

6. Kids, kids, kids! Try spending some quality time with her (watching TV together does not count) and go to her for advice. Why not do a Top 10 list of reasons why your mom is so wonderful?

Someone to Love

You've given me someone to love
and share my life with.

Someone who knows me, how I feel.
Someone who understands and cares.

You've raised him to be a loving
and understanding person.

That knows life is not an easy path
to follow.

Someone to love and care for till
death do us part.

Someone to love is your loving son.

Be proud of him, give him all the support
and understanding he needs.
Most important of all is your love.
Happy Mother's Day to my dear mother-in-law Clara Gilpin.
May this be a Special day for you to remember.
By: S. Moses Gilpin
Eastmain

Ma grand-mère

Je t'aime beaucoup
Je suis fière
Car tu es avec moi encore
Ma grand-mère
Tu es très spéciale à moi
Mai je ne dis ça pas souvent
Et je le dis maintenant
Dans cette note juste pour toi

Ma grand-mère
Tu m'as garder toujours
Quand j'étais just un bébé
Je suis très fière pour ça
Maintenant c'est à mon tour
De te garder
Car tu ne peux pas faire des choses pour toi
Je sais que c'était très difficile pour toi
De perdre ton fils
C'était très difficile pour moi aussi
Qu'il était mon oncle
Mais tu avais tellement changé après
Qu'il n'était plus là
C'est pour ça que je suis là pour toi
Pour le mieux ou le mal
Je vais être là parce que
je t'aime beacoup
Et bonne fête des mères

Sarah Blueboy
École Wiinibekuu
Sec 4 français
Waskaganish

Happy Mothers day

To Ruby Coon Come

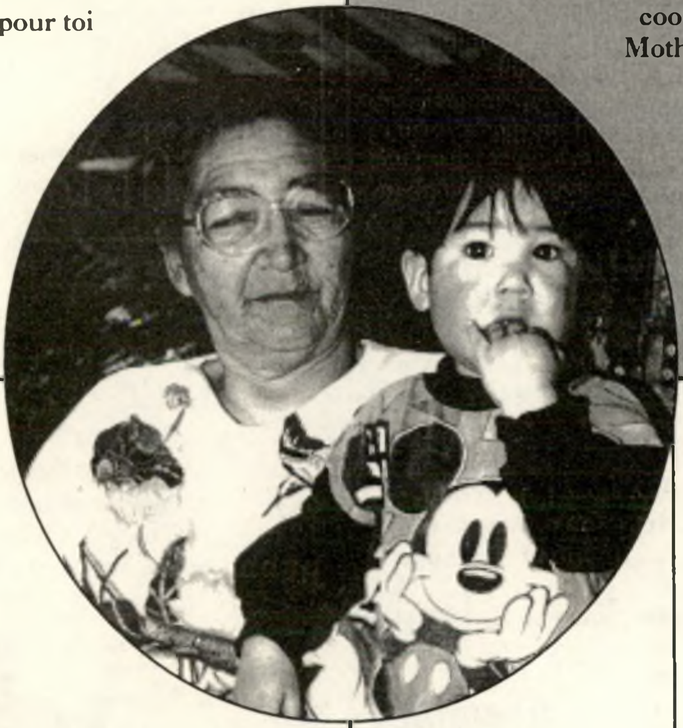
Thanks for the wonderful food.
Thanks for being nice to me.
I will always be
nice to you mom!
Love always
Priscilla, Jacob, Vernon, Derek and Joshus

By Priscilla Coon Come
Grade 4 V.M.S.
Mistissini

MOTHERS

Mothers are forever and they are kind. Mothers treat you right and you feel like a king. Mother do house work they wash the dishes and pluck the geese. Mothers cook some geese and enjoys it. Mothers sometimes go with you when you go to camp. You can go shopping with your mother.

by Philip Mistacheesick
Grade 6A
Maquatua Eeyou School
Wemindji



To Lizzie Swallow

Happy Mothers Day.
Thanks for all the things
your doing for me.
For driving me to Roberval
and Val'dor.
Thanks for all the things
that your are doing with me.
fr. Alfred, Margaret, Dwight and Colleen.

Colleen Swallow, Grade 4
V.M.S.
Mistissini

M is for mother
O is for only one
T is for terrific
H is for honker
E is for excellent
R is for right

by: Hank Visitor
Maquatua Eeyou School
Grade 5-B
Wemindji

MOTHER

My mother
You are so kind
You support me
I love you
always
You teach me
to learn things.
You are the best
I cherish the time you
spend with me.
I love you!

Samantha Mistacheesick
Grade 5
Maquatua Eeyou School
Wemindji

Grand MOTHER

My mom's name is Doreen Jolly. She is very special to me because she makes me laugh. On April Fool's Day she fooled me. She said, 'Go get my coat and see if there's money in my pocket.' I looked and looked and I couldn't find any money. I asked her, 'Where is it?' and she said, 'April Fool's!'. Things like that make her special to me. She works at the school library. She's from Waskaganish. She taught me to read and talk. I love her very much. She's always there when I need her.

Gary Jolly
Luke Mettaweskum School
Nemaska
Grade 4 English

My GRANDMOTHER

My story is about my great grandmother. Her name is Nancy Mistacheesick. She was born in the bush and raised in our traditional way of life.

She was still young when her father died. As she grew a little older, she used to go hunting and checking the rabbit snares. She like going hunting and checking the rabbit snares. She like going hunting. Sometimes she used to chop firewood, and other times she would get spruce boughs for the teepee floor.

When she was old enough to get married, she married my great grandfather. His name was Elijah. I never saw him. He died when my mother was young. They had three kids—all girls. Their names are Dinah, Maudie, and Annie.

They raised their kids in the bush. My great grandmother told me once, "When your grandmother was a baby, I still did all the things I used to do—like checking traps and snares and chopping firewood. I used to carry her at my back—even in the winter time."

All her kids are married now and they have kids of their own.. My great grandmother has 25 grandchildren. Two passed away. And she has six great grandchildren.

She is very kind to all of us. She gives us money when we ask her for some. She always tells us to respect our parents, and not just our parents but everyone around us.

Still today she likes staying in the bush. She says she feels healthier when she is in the bush. She says, "When I'm not in the bush, I'm always sick." Right now she is in the bush. I can't wait to see her again; I have only a month and a half to wait.

I'm waiting for a day when I can show her how much my love for her has grown. I really love my great grandmother. My great grandmother is adored by all my family because she is friendly and outgoing.

Little Great Grandmother—once again I would like to say I love her very much. She means so much to me.

I love you, Granny, and I will always love you.Nancy M.

By Roslyn Tomatuk
27 October 1995

MY MOTHER

My mother put me to sleep when I was a little kid. Now that I'm bigger we still do things together such as fishing, hunting, cooking, and cleaning some animals that I kill. I like her cooking. It tastes very good. Sometimes she lets me go to camp with my father. She is a very good mother and I like her very much.

Charles Shashaweskum
Maquatua Eeyou School
Wemindji

BONNE FETE MAMAN

Bonne fete ma belle maman.
Tu es la meilleure pour tes enfants.
Maman, je te remercie.
Pour les choses polis.

Maman, je t'aime gros comme un ballon.
Et tu m'aime gros comme une maison.
Depuis ma naissance.
Tu me parle de bon sens.

Quand je suis nee.
Tu me fesais manger.
Tu m'habillais.
Et je bougais.

Aujourd'hui je suis grande.
Et ton amour pour moi est plus grande.
Desfois je suis impolie.
Et tu me punie.

Maman, que ferais je sans toi.
Pour aller dans le bois.
Sans toi et papa.
Je ne serais pas la.

Mais bonne fete des meres.
Meme si on n'est pas dans la mer.
Tu es la meilleure mere du monde.
Depuis que je suis sortie de ta bedaine ronde,

De: Ta fille Louisa Mianscum
Ouje-Bougoumou

A letter to my mother

written by Lillian (Martinghunter) Angatookaluk, Chisasibi

Dear Loving, Caring Mother,

I never had a chance to say Thank you before you left me for all the loving things you did for me. You have brought me to this world as a baby, you looked after my needs, when I cried, you picked me up to check if I needed to be changed, you breast-fed me. When I was sick you stayed up for the night to make sure I was well again. I thank you for all your teachings to acknowledge myself in culture and traditional roles. For this I could pass on to your grand-child and grand-children. I never forgot the times we spent together in the bush, the many things we both did together. Those times are my fondest wonderful memories. These memories I will always cherish in my heart, mother. I cried when you left me. Deep in my heart, I know you had to go to live with our creator. He wanted you to go to him. For your days with me were numbered. Remembering the very last moments I was with you, you smiled and kissed me on my cheek, I will never forget your kiss, mother. I love you and I thank you for all the wonderful things and times we shared and spent together.
Love,
daughter
Lillian

We miss you so

The ache within my chest lay heavy
as Mother's Day approached.
Orphaned, and alone,
I sat before my computer to bring forth the message
to those, who will express their love with gifts and cards.

If we could bring back the yesterdays
And give more of ourselves, we would.
To express our gratitude to her for being there.
All the times we needed her and how.

We long to find that place and time again.
Her steadfast faith and love
Gave us hope and courage to meet
The challenges set before us.

Though tears may flow in our hearts,
Ache, we could not let the time go by
Without acknowledging how her presence
Still lingers in our every thoughts
And how we miss her so.

Have a heavenly Mother's Day.
We miss you Nanny.

Dorothy MacLeod Nicholls.

In loving memory of a very dear mother and wife
who passed away July 10, 1993

ISABEL TOMATUK

Your sudden death surprised us all;
The loss of our mother we love so well
No words can express
The hurt we feel since you've left.
Our tears may be wiped
But the pain will always stay
Mom, we think of you in silence
We always speak your name
For all we have are memories
and your picture in a frame
There is not a day, dear mother
That we do not think of you
What we would give-for your face to see
We need your strength and shoulder to cry on.
How we miss your smiling face
none on earth can take your place
A Happy home we all enjoyed
But death has left a loneliness
The world can never fill
Gone dear mother, gone to rest
Up there in heaven
God has you in his keeping
We have you in our hearts

What a beautiful memory you left behind....
LOVINGLY REMEMBERED AND SADLY MISSED
We love you, mom
always in our hearts.
Fred, Johnny, Sheila, Bessie, Dorothy, Larry, Phyllis
and husband Luke Tomatuk
Timmins, Ont.

SURPRISE!

Because we received so many wonderful and heartfelt tributes to Moms, we decided they deserved a special treat this year. We held a draw for a Grand Prize Winner and a Runner Up.

GRAND PRIZE

THE CHIBOUGAMAU PACKAGE, INCLUDING:
Two Free return tickets to Chibougamau on Air Creebec
One Free room at the Motel Nordic
One Free meal at the restaurant Maison Du Steak
One Gift certificate at the hair Salon Anne Gagnon
One Free flower purchase at Les Fleurs d'Abeille Inc.
One Gift certificate at the jewellery store l'Orfeverie
One Gift certificate at Bo Jeans
One Free Walkman from Musicom

Congratulations goes to our Grand Prize Winner:

CRYSTAL MARK'S MOM IN EASTMAIN!

Mothers

Mothers are sweet and tender. They care and raise you up to respect and help people out. That's how my mother raised me. I want to thank my mother for the great job she did. I wasn't the only one she raised. She raised my sister. My mother tries to help us in every way, but we have to help her too.

If some people don't like their mothers and think that their mothers are dead, because they shut them off, they are making a big mistake. That shows that they don't respect them. Their mothers brought them into this world and raised them to respect people, but they just turn their backs on them.

I already did that to my mom and I didn't like what I did at all. So I tried to talk to her and I didn't know that she is always there to listen to my problems and other things. Mothers always worry about you, no matter what you say to them, they will always worry about you because that's how much you mean to them and how much they love you.

If you love your mother, don't push her out of your life, always keep her in your heart forever.

Crystal Mark
Wabannutao Eeyou School, Sec. 3 English,Eastmain

***The Nation* would like to extend our warmest wishes for a Happy Mother's Day to all the mothers in James Bay. And to our winners, we hope you enjoy your gifts; please contact Rhonda Sherwood at *The Nation* office at 514-272-3077 before June 1st, 1996 to claim your prize. You have until July 1st to take advantage of your gift packages.Thanks again to everyone for sending in your tributes.**

RUNNER-UP

THE VAL D'OR PACKAGE, INCLUDING:
Two Free return tickets to Val d'Or on Air Creebec
One Free room at the Motel Continental
One Free meal at St. Hubert
One Gift certificate at Helene Fleuriste
One Gift certificate at Jaymore Clothing Store!!!

Congratulations goes to our Runner-Up Winner:

JOHNNY BRIEN JR.'S MOM IN MISTISSINI!

Happy Mother's Day

To Elizabeth
We love you very much. I will clean your room and I will clean the house. I will listen to you . I will sweep the floor and I will do all the dishes and the laundry. We all love you! From Nathan, Austin, Valentina, Albert, Caleb. Thanks for your good food. Thanks for helping me when I am sad. Thank you for loving me always.

Love always,
Johnny Brien JR., Gr. 4, V.M.S., Mistissini

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CLASSIFIEDS

100-BIRTHS

Congratulations to my brother and his wife Samson and Peggy Matches on the birth of their third child. Tommy Isaac Matches who was born on March 27, 1996 and weighed 7 lbs. 10 oz. in Val d'Or. Take care all of yous and watch out for Nad, she might hurt her little bro. Kisses to Sammy Boy, Nad and baby Tommy. Love always, Edith and Gordon. P.S. Sammy Boy! (dada)

Congratulations to Jennifer Bearskin and Clayton Visitor on the birth of their daughter, born March 23, 1996 and 8:45 p.m., weighing 8 lbs. 11 oz. at St. Mary's Hospital in Montreal. With all our love, the Bearskin Clan (Chisasibi) xoxoxo. P.S. What's her name?

Congratulations to Eric Matoush and Bella Blacksmith on the birth of their second daughter Rolanda. Born on March 6, 96. Boy! does she ever look like Linn. From Albert, Marlene and family.

Congratulations and best wishes to the MacDonalds on the birth of their son on April 3rd. Have fun with your boys!! From the Quachegans (Chi).

We would like to congratulate our uncle Peter M. and his wife Leona B.M. on the birth of their son Derrik Jason Mianscum born on April 23rd at 9:30 a.m. From Angel and Amy M. (Ojay) Peter, sorry for that early walk.

Congratulations to Kimberly Hester on the birth of her baby girl Karraly Myria Rosina born on April 16, 96. (10 lbs. 12 oz.) We wish you both joy and happiness. With love always, Beverly, Mervin and Mervina and Marvin.

We would like to congratulate our friend Tommy Saganash on the birth of her precious little girl, April Nakita Emma Saganash, born on April 17, 1996. You've brought a new life into this world, God bless you both. From friends always, Micheline, Jessica, Melanie and Stephanie in Waswanipi.

101-BIRTHDAYS

Happy birthday to the loneliest guy born on February 29. I will take the great chance of loving you! I admire and love greasy studs. I love the smell of cigarettes and Ben Gay on a man. From a very lonely gal in Quebec City!!

A SPECIAL BIRTHDAY GREETING going out to our son, Ricky Wapachee, (Nem) whose birthday is on April 5, 1996. Son, remember when you marked X's on my school calendar up to the 5th of April, and counting the full moons, saying that you couldn't wait for your birthday to be here. But guess what!! April 5th is here and it's your special day, you deserve something more than just the "Toys 'R' Us" store. Enjoy your day any way you want, but don't let me go around the community looking for you at 10:00 at night, you're not old enough for that yet. Wishing you a happy 6th birthday and have a wonderful Easter weekend. Sending our love, hugs and kisses to you. From Nancy, Wally and your sister Daisy in Mtl. P.S. Son, remember you said when you reach the age of ten you'll call me "Mom" instead of "Mommy", please don't put X's on my calendar for that purpose. I don't want you to grow up too fast. BOX AROUND AD!!!!!!!!!!!!

We love you, you love us. We are happy family with a great big hug and a kiss from me to you. Won't you say you love us too. Happy second birthday to our daughter April on 04/22/96 and many more to come. Love always, mommy and daddy. xoxoxoxo.

I would like to wish a happy 31st birthday to my wife Daisy Shecapio. I love you so very much that after 14 years of marriage, I wish it would never end. Love, Paul Shecapio and sons, Romeo, Derrick, Zaky and Yoshtin. Ojay.

I would like to wish a very happy birthday to my brother John on April 30 and to my sister Sarah on April 24. Hope you have many more birthdays...From Margaret (Chis).

Happy belated 65th birthday to our mom Mabel Gunner in Mist (April 15). There are no words that can describe how much we love you but we will say it anyway. We love you deep down our hearts and we would also like to say thank you for being there when we needed someone through good and bad times. We want you to know that we will always be there for you too. Love and prayers, Edith and Gordon.

Happy birthday to my one and only true love of my life, my grandson Harvey Erless, celebrating his eighth birthday on May 2nd. You are the number one special person for me and I love you with all my heart and soul. I could not go on if you weren't around me everyday. Hugs and kisses from Gookem Doris.

102-WEDDINGS

Feb. 14, a proposal April 13, official engagement with a ring and traditionally asking the father for his only daughter; with our blessings, Wm John Shecapio and Darlene Macleod will marry in July 1996- Jim and Mary Macleod.

103-ANNIVERSARIES

Happy 10th anniversary to Eric and Diane Matthew on April 22/96. Wishing you all the best and many more years to come. From Rose, randy and April in Chis.

We would like to wish our parents Evelyn and George Sam a happy 21st anniversary on April 9. We love you both very much. Love always, Kathy, Matthew, Ronnie, Lori-Ann, Warren and Derek (Chis)

Happy 2nd anniversary to Anita and Gilles Happyjack on March 4, 96. We wish you all the best in the years to come. From your friends, Evelyn and Waylon (Wask)

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104-Graduations

Congratulations to our daughter and big sister Tanita Lazarus who will be graduating from kindergarten at James Bay Eeyou School in Chisasibi on April 24. We love you and we are very proud of you. Hope you do well in grade 1 next year. Love, mommy, daddy, Tyson and Trisha.

Congratulations to Gloria Jolly in Waswanipi on her graduation from Adult Ed. on April 20, 1996. We wish you the best of luck in college. Love, from Ronnie, Tina, Alex and Christina (Hull).

I would like to congratulate two good friends of mine, Cheryl Weap. (Wem.) and Patricia Diamond (Wask.) on their graduations from Canadore College (Expect a letter from me) See you soon, I hope! Friend Deb. M.

Congratulations to all the graduates of Sabtuan Cree Adult Education. Hope everyone had a great time on April 20, 1996. Good luck to all of you in your future endeavors. From Adult Ed. Waswanipi teachers and staff.

Congratulations to my sis Susan for completing her CHR training in Chis. on March 16th, 96. I know it hasn't been an easy year but you've come a long way and we are very proud of you! Love always, Flora and Danny. xoxoxo.

Congratulations to my sister and aunt Cynthia McKee who will be graduating from Business Administration at Heritage College in Hull this spring. We wish you all the best in whatever you do. Lots of love, hugs, kisses and hurry home. From Jeannie, Bill, Tanita, Tyson and Trisha.

200-FOR SALE

Anybody out there who likes to listen to,

CLASSIFIEDS

dance to "dance music", I have a big list of CDs to sell. Dance albums are ten bucks. CD singles are five bucks each. Interested? Please call 819-977-0326 (Eastmain)

300-PERSONALS

Wanted: Photos of Old Factory for a display at our annual visit. Please send photos to the attention of Sam Gilpin. Please send a self addressed envelope so we can return your photos. Call 819-978-0265 for more information.

Still waiting...One year later...for my prize money of $1500.00$$$ from Len Taylor (Mist). Honesty is the best policy! Len, send me my money (1500$), A.S.A.P. Effie Mark- April 96. Chib. 418-748-7667

Good luck to the people of Eastmain on their 705 km fundraising walk. We are behind you 100%. Some of us will be in Val d'Or to encourage you guys. From the community of Ouje-Bougoumou.

Congratulations to Christopher and Irene on their upcoming marriage. From the obsessed.

Congratulations to Chris and Irene. We wish you the best in the years to come. From your friends in Ottawa.

Merci a tous mes etudiants de sec. 1 de VMS a Mistissini pour la tres belle annee passee ensemble! Bon success aux examens de juin et surtout: Bonnes vacances!!! Votre prof: Chantal.

This get well wish goes out to Brent. I hope you get well soon. Love, mommy in Mistissini.

Congratulations to Christopher Quinn and Irene Bosum on their engagement. So guys, when is the big day going to be? From Angela, Tiffany and the boys.

I would like to congratulate a very special friend of mine, Irene Bosum on her engagement. Congratulations buddy! From your friend T.B.

To the admirer of Keith Swallow. Keith may have talked to you at S____C____ but you know what? All the time you stood beside him, his eyes were on me. Me, me, me and me. Back off lady. He's mine. Send your little love notes to someone else.

Congratulations again to the Waswanipi Midget Broomball Stars for winning every tournament they played. We wish you all the best of luck again next year! From Waswanipi fans.

I would like to say hi to a very special friend of mine in Nemaska David Wapachee. Happy birthday in May. Hope to share many more with you. From a friend in Ouje-Bougoumou. P.S. Don't party too much.

Dear Boy, When I look up at the clear skies, the small shining stars let me wish upon them; when I walk in the rain, she washes away my heartache; when the sun shines, he smiles at me and takes me away to a far away land; but when I come back down, there is still an empty place...inside. I love you. I miss you, Boy. From Bunnies.

I would like to say hi to my best friend in Great Whale, Amy Dick. I miss you a lot. Hope to see you soon and write to me. Phone sometime. From friend 4-ever Katrina Orr. P.S. Say hi to Pat for me. Take care. 4-ever friends!

I would like to say hi! to a very close friend of mine in Waskaganish, Malcolm Weistche. Hope you're having fun. For me it's kinda boring here without you. I miss you very much. See you soon! From, you'll know who I am. K.P.J.O?

I would like to say hi to my good friends in Waswanipi. Hi! Desiree, Joni, Melanie, Elaine, Rebecca, Kim and Heather. So, how's life? having fun! We'll see you soon and thanks for such fun times. Take care. Fr. Katrina.

Attikamek man looking for female soulmate. 30 years young. Would not mind children. Write to Michel, P.O. Box 34, 7166 St. Hubert, H2R 2N1.

Cree/Scot lady would like to correspond with single gentleman (30-45 yrs.) Photo would be appreciated in first letter. Send to Emily Linklater, P.O. box 471, Moosonee, Ont. P0L 1Y0. Meegwetch.

Congratulations to Roseline Snowboy on her 2nd place finish in fighting at the tournament. From Mom and Dad, brothers and sisters, Archie and Janie Moar, Grandma and grandpa Pash.

Verna Jolly, Where in the world are you? We haven't heard about you since last year! Write to us: M. Gull, 12-b-Pine Street and J. Otter, 8 Cedar Street, Waswanipi, Qc. J0Y 3C0. From Mel and Jess.

400-EVENTS

Waswanipi 4th Annual Traditional Pow Wow. Waswanipi, Quebec, June 7, 8, 9. Host drum Blackstone Singers. Call 819-753-2587 for more info. Ask for Lindy Sutherland.

500-MOTHER'S DAY

Wishing happy Mother's Day to some special mothers; my loving Mom, Janie M., beautiful sis, Sue, best friend Kathleen Moore and my special daughter Sabrina. Thanks for everything and love you all so much!! From Flora.

Mother's and daughters share so much. That's a joy to remember, moments of friendship and laughter, moments of caring and understanding, moments of closeness and love!! To our wonderful and caring mom Eva, happy Mother's day mom!! We love you so much. Love always, Stephanie and Frances. xoxoxo. Mistissini.

This message goes out to my wonderful and loving mom. So many times when I should have said, "Thank you mother", "I love you mother" The words were never spoken. I let those times go by but on Mother's Day is the perfect time to tell you, I'll always be grateful

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Department of Finance Canada
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Canada

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for everything you've done for me and I'll always love you. All my love and thoughts are with you on this wonderful day and always happy Mother's day mom. May this day be special for you because you deserve it. With love, Velma ᓇᐦᑖᐸ ᒥᐦᑏ ᒋᓯᒋᐦᐄᑎᐣ.

Life has given us the gift of love. God has given us the gift of life. Our life has intertwined, our love has become as one and grows within you. As we await for its arrival, I count the days that pass. Ever coming closer when I'll hold our baby at last. The due date is on May 16 but I hope we will be smiled upon again for in my mind there would be no other gift as special as this happy birthday and a hopeful first Mother's day to Julie Ann. With love Simon Peter.

Happy Mother's day to my mom Emma who is a loving, caring and sharing person. Mom, those are the three most important things you taught me and I will do the best to be like you cause you are special. Love always, Helen.

For a special mom, Mabel on Mother's Day. Wishing you a wonderful Mother's Day that's just as special as you are. We love you and you'll always be in our hearts, no matter what. Love always from all your eight children in Wem.

Happy 1st Mother's Day to my sister Rebecca Matches (Chis). Do a favor for me okay! Take good care of your little girl for me because she is so precious to me, I love her so much and I love you to sis, (Barry too). Even tho we are far apart I'll be your sister and friend forever. I'll be there if you need someone to talk to and if you need a shoulder to lean on I'll be there. Anyways, happy 1st Mother's Day. Kisses to you, Barry and especially to Juanita Bearskin (Lots of hugs and kisses to her) With love always, your sister who misses you guys a lot! Edith (Mist)

Happy Mother's Day to Daisy Fireman Sr., Kathleen Stephen, Kathleen and Sheila Fireman, Patricia House, Rose and Madeline Iserhoff, Dolores Tomatuk, Rebecca and Charlene Swallow and Judy Pelchat. Take the time to sit down and relax for the day. From Jane.

We wanna wish our mother a happy Mother's day on May. When you gave birth to us we knew then that you would love us always. You are always there when we need you, you never let us down. You were there when we took our first steps, our first smile, our first words, our first day of school and when we first got sick, you helped us get through it. Although sometimes we disappoint you. What can we say, we all make mistakes. You helped us get through the bad times in our lives, you still do and we love you for it. We couldn't ask for a better mom. We love you and we will till we take our last breath. From you children, Murray, Jeffrey, Diane, Robbie and Archie.

Here's an early happy Mother's day to my mother, my friend and my children's grandmother, Mary McKee. Since you're never here for Mother's Day, I thought I'd send you your wish early. I love you! From Jeannie and family.

Happy Mother's Day to **Marianne Pash** in Chisasibi and Winnie Moar in Waskaganish. We love you both with all our hearts. And thank you for all you have done for us and the rest of the family. All our love, Janie and Archie.

Wishing a happy Mother's day to our mom Nellie. We just love to see you smile and we love you. From your sons and daughters. (Chis)

Special greetings to grandma Louise She-B/Smith. Whenever life seemed hard or things went wrong you were there to comfort and console in good times to share my joy. That's why I love you so much. Happy Mother's day! Love always, Judy, Tony and Paulina Cooper. xoxoxo. Ouje-Bougoumou.

Mothers are caring, mothers are loving, mothers are fun to be with. To my mom Lorraine. Happy Mother's Day. I miss you so much. All my love, Twyla Dawn. P.S. See you soon.

Mother's day poem going out to two special people. A mother is a very special person in this world, she has eyes that look with pride, ears that hear, the heart a smile that lifts your spirit up and a heart that beats with love, without mothers, life would be empty and lonely and I'm so blessed to have not one but two special mothers. So I wish you both the very best on Mother's day. love always, Emily B. Diamond.

A very happy Mother's Day to our mom who calls herself, "the naughty cat" and who is always having those damn "gwaadoways" We love you so much. From your kids in Mist. xoxoxo.

Веселии МАМИН ДЕНЬ! From Sashunya, "Me-e-e" and Pupyk. Put the pirogies on boil - I'll be home soon.

Wishing a happy mother's day to a special mum in Chisasibi. Thank you for your love and putting up with us. From the kids.

To our mom in Mont., happy mother's day from your terrible twosome. XOX

Mom? Mom? Are you there? Is the sigabon ready to ship on the plane? Happy mother's day. Neil. P.S. Send money.

Be over for the moose meat soon. By the way Happy Mothers day from the only son that loves you enough to remember. From Will. P.S. Well actually the others did want to wish you the same but we didn't have the space this issue.

May 9- **To my sister,** my best friend, Elizabeth Snowboy. Thank you for always being there when I needed you. Love your big sister, Janie

To Butch! on May 23, 1996. Sometime we have hills to climb, other times we have mountains to conquer. From your friends and colleagues at the MNFC. We wish that your 25th year will be filled with adventure and tranquility. Happy Birthday.

Happy Mother's Day to V.O. of Dorval. From the Old Man.

Wanted:

Photos and news tips for *The Nation*. Please phone us at (514) 272-3077 or fax: (514) 278-9914

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government on a five-year Housing and Housing Infrastructure Program. It was an attempt to bring all the Cree communities up to standards in terms of adequate housing and proper water and sewage facilities on an accelerated basis.

These cases went all the way up to the United Nations in Geneva, Switzerland.

It was about this point that community development really began in Nemiscau. It was then that some of the present-day services for the new community slowly started to materialize and we have not stopped since. This all happened in spite of non-existent funding provisions within the James Bay and Northern Quebec Agreement respecting the re-establishment of Nemiscau, as we were forced to apply under the regular programs of Indian Affairs. Although this process took considerably longer, it also implicated a substantial use of Cree funds.

It is never easy when young children are taken away from us so early in life, but we can take consolation in the fact that the good Lord always has a plan in everything that happens. It can be said that these young children gave their lives as a means to improve the poor living conditions of their fellow Cree... It is written there is no greater love.

There are many young people today in the community who were still too young to remember those early days in Nemiscau and there are those who were not even born yet. It has been 18 years now and our community has consistently developed year after year. And there is still a lot to do.

So, as we look around this community today, we should never take too many things for granted, for many of the services we have to improve our living conditions did not just "magically" appear one day - they came with persistence and determination on the part of the people of Nemiscau, your parents and grandparents, with many years of constant struggle and patience, and in some cases "personal sacrifices."

Our community is a small community and it's not unusual for everybody to know everybody, and with this situation, we have no other choice but to learn to live and respect each other, much the same way as we will grow to respect our community, in view of what we all had to go through, which was not easy.

Respect means not to "break and enter" into your neighbour's house or shed.

Respect means not to "vandalize" or destroy community buildings or public property.

Respect means not to steal from your own people, as this is what actually happens when public services like the local General Store, the Youth Center, the Gas Bar, the Garage or the School are periodically "burglarized." In the first place, these services were not easy to be made available for the community.

We need to keep in mind that we all have to grow up one day, then it will be our turn to inherit many things... Showing respect will be one of them and it's not too early to start. You will, in fact, be in a better position to pass it on to your own children.

We have to be thankful for what we have, as there are many in this world who are not as fortunate as we are, and as we celebrate 1996 THE YEAR OF THE CHILD in NEMISCAU, let us pause to remember those children... our children, who died that year in 1980, and let us all respect our community... our home.

LES MINES INMET

The Troilus Project is a division of Inmet Mining Corporation, a Canadian mining company engaged in exploration, development and processing of base and precious metals internationally.

Inmet Mining Corporation is presently searching for candidates to fill four (4) positions for its future 10 000 tpd. Mill. The Troilus Project is 175 km North of Chibougamau and is accessible by way of the Route du Nord. The employees will work on a 4-3 or 7/7 rotating shift schedule and will be provided with room and board at its first-class camp on site.

1. MACHINIST

-The Machinist sets up and operates a variety of machine tools to cut orgrind metal and similar materials into parts or products with precise dimensions.

EMPLOYMENT REQUIREMENTS:

-College diploma in technical machinery;
-Trade certification is compulsory;
-Five to seven (5-7) years of experience as a Machinist in equipment related to mining and milling is required;
-Experience in ferrous, non-ferrous and non-metallic materials;
-Knowledge of welding, mechanics, quality insurance and computers would be an asset;
-Basic knowledge of English or French.

MAIN DUTIES:

The Mechanist performs some or all of the following duties:
- Reads and interprets blueprints, charts and tables or study sample parts to determine machining operation to be performed;
- Computes dimensions and tolerances and measures and lays out work pieces;
- Sets up and operates a variety of machine tools including computer numerically controlled tools to perform precision machining operations such as turning, milling, boring, planing, drilling, precision grinding and other operations;
- Fits and assembles machined metal parts and subassemblies using hand and power tools;
- Verifies dimensions of products for accuracy and conformance to specifications using precision measuring instruments;
- Adjusts and sets up machine tools for use by machining tool operators; Performs basic mechanic and welding;
- Operates lifting, loading and service equipment;
- Works within shops and in field;
- Performs other related fields.

2. ELECTRO-MECHANIC

The Electro-Mechanic inspects, tests, dismantles and performs electrical and mechanical repairs.

EMPLOYMENT REQUIREMENTS:

- Completion of a college diploma in Electro-mechanics;
- A technical course in electrical maintenance;
- Three to five (3-5) years experience is required;
- Trade certification (License C) is an asset;
- Thorough knowledge of mechanical and electrical principles;
- Basic knowledge of English or French.

MAIN DUTIES:

The incumbent performs some or all of the following duties:
- Receives or prepares maintenance and repair procedures necessary for assembling, dismantling, control and testing of components and equipment;
- Localizes all kinds of electrical or mechanical failures;
- Dismantles, inspects, repairs or replaces the defective parts and wiring on electrical equipment;
- Will be required to work in the shop and on the mine site;
- Performs mechanical and electrical work related to buildings;
- Performs other related duties.

3. BUILDING MAINTENANCE MECHANIC

The Building Maintenance Mechanic performs carpentry, plumbing, basic electricity, welding mechanic (ventilation, heating, crane and doors maintenance and repairs, etc.), sheet metal work, etc., and operates service equipment.

EMPLOYMENT REQUIREMENTS:

- College diploma in industrial mechanics, mechanics, electricity or other appropriate technology;
- Pertinent past work experience in these fields may compensate for education;
- Eight to ten (8-10) years experience;
- Basic knowledge fo French (candidates without French - commitment to successfully complete a French language training program is required);
- Basic knowledge of English is an asset.

MAIN DUTIES:

The incumbent performs some or all of the following duties:
- Performs maintenance, repairs and modifications on building and support equipment;
- Operates lifting and loading equipment;
- Performs inspections based on maintenance engineering plans;
- Reports and repairs environmental or safety hazards related to buildings and equipment;
- Performs other related duties.

4. WELDERS

The Welders operate welding equipment to weld ferrous and non-ferrous metals.

EMPLOYMENT REQUIREMENTS:

- Some secondary school is required, although relative work experience may compensate for formal education;
- Trade school in welding is an asset;
- Three to five (3-5) years welding experience in the mining field is preferred;
- Trade certification is an asset;
Basic knowledge of French or English.

MAIN DUTIES:

The Welders perform some or all of the following duties:
- Read and interpret blueprints or welding process specifications;
- Operate manual or semi-automatic welding equipment to fuse metal segments using processes such as gas tungsten arc (GTAW), gas metal arc (GMAW), flux-cored arc (FAW), plasma arc (PAW), shielded metal arc (SMAW), resistance welding;
- Operate manual or semi-automatic flame-cutting equipment;
- Operate brazing and soldering equipment;
- Operate metal shaping machines such as brakes, shears and other metal straightening and bending machines;
- Perform necessary mechanical duties to accomplish task;
- Utilize and maintain the local exhaust system;
- Perform other related duties.

THE CONDITIONS:

Inmet Mining Corporation (Troilus Project) offers competitive wages and a comprehensive benefits package. These positions are open to men and women. Inmet Mining Corporation encourages and is committed to Cree employment. Interested candidates should submit their resume, at the latest MAY 24, 1996, to:

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Attention: Human Resources Manager

Reference (Please identify the positions you are applying for on your resume):
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2. ELECTRO-MECHANIC
3. BUILDING MAINTENANCE MECHANIC
4. WELDERS

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